

Scoops

Providing the latest dish on Child Nutrition News and Information

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"Scoops"

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From the Superintendent's Desk

Health care professionals have been spending a lot of time in the past several years warning of an increasing threat to the well being of America's young people.

Childhood obesity and its potentially deadly companion problem – diabetes, are becoming tragically more common. Surveys of school-aged children increasingly show tendencies toward spending less time exercising, more time in from of the TV or video games and a diet loaded with sugar, refined carbohydrates and saturated fat. It's no wonder that serious health consequences are the result.

I'm a health nut and proud of it. I haven't had a hamburger in at least 10 years. What I see on school campuses today has me concerned not only for the physical fitness of children, but their capacity to learn as well.

A visit to many Arizona middle schools, junior and senior high schools reveals a contributing cause to this problem. Campuses sometimes offer a dizzying array of high-sugar soft drinks, high-fat candy bars and other items best described as junk food.

Leadership requires tough choices. As educators, we don't ask the students what they want to learn – we set tough but reasonable standards. Since what we eat has much to do with how we think, feel, act and develop, educators have a duty to set standards for nutrition as well.

At the Aptos Middle School in San Francisco, a pilot program has begun in which a low-fat offering of food has replaced the junk diet so common in most schools now. There have been grumblings from some students, to be sure, but others say they feel more energized and alert, especially in the afternoon. This can only help them learn more effectively and improve the academic performance of the school.

The news gets even better. School officials say the Aptos lunch program now turns a profit because buying fresh food is much cheaper than buying packaged and processed items.

Other studies show that vending machines with healthy choices can make as much money as vending machines with junk.

The Arizona Department of Education is currently in the process of developing new recommended nutrition standards for consideration by the State Board of Education. There has been some passionate resistance in some quarters, but our duty is to recommend what's best for kids.

Our children's bodies and minds deserve no less.

Tom Horne

Superintendent of Public Instruction

SFSP Sponsors Creating a "Desert Oasis" for Arizona Children

Arizona Summer Food Service Sponsors have done an outstanding job in increasing participation of the Summer Food Service Program (SFSP). Last summer, the Arizona Department of Education (ADE) introduced the Desert Oasis Awards to recognize Arizona sponsors who have excelled in the SFSP. ADE received many amazing applicants and wonderful stories. These sponsors truly made a difference in the lives of many Arizona children by providing them with a healthy meal they may not have received otherwise. ADE would like to recognize these outstanding achievements.

The award committee was awed by the outstanding SFSP sponsors in Arizona. Congratulations to all of Arizona SFSP sponsors for a job well done! Your summer food programs are truly a desert oasis for Arizona children. Please be on the lookout for the Desert Oasis Award nomination forms when they are mailed next summer.

If you have any question regarding the Desert Oasis Awards or the SFSP please contact
Tristine Bogle
(602) 542-8703 or
Kacey Frey
(602) 542-8705.



Outstanding Outreach: Altar Valley School District

Altar Valley School District is being commended for their excellent and innovative outreach ideas. Altar Valley is a rural area where many children do not have transportation in the summer; therefore, Altar Valley began a new mobile feeding site. The food was taken to a popular bus stop with easy access to the community. Response grew from 20 to 100 children per day and reached one in five district children in the summer. Altar Valley advertised to the community by posting informational posters throughout the community, community newsletters, summer school enrollment forms, banners and outdoor stand up signs, informational pamphlets through a local community food bank, and finally word of mouth about the excellent meals being served. In addition to the Desert Oasis Award, Altar Valley received the USDA Western Region Sunshine Award for, "Increased Participation of Community Children".

Magnificent Menus: Madison School District

Madison School District served an outstanding array of fresh fruits and vegetables to children during the summer, including steamed broccoli, fresh veggie sticks, fresh strawberries, grapes, melon, and even kiwi. It is a pleasure to present this award to Madison School District for their effort to bring more colorful, and healthier meals to children through the SFSP. In addition to this award, Madison School District was awarded the "Meal Quality" Sunshine Award from USDA Western Region.

Greatest Growth Rate: Yuma Union High School District

Yuma Union High School District began the summer of 2002 with three SFSP sites. In the summer of 2003, Yuma increased from 3 to 7 sites including two community centers. The Food Service Department increased participation of lunch by 30% and 74% for breakfast from 2002 to 2003. Kudos to a job well done!

Spectacular Staff: Mr Jose Natividad, Douglas Unified School District

Mr. Jose Natividad, Food Service Director for Douglas Unified School District went above and beyond the job of most Food Service Directors by asking to assist in a diabetes intervention project. The population in Douglas has an epidemic of children being diagnosed with type II Diabetes. Mr. Douglas helped in the intervention project by offering information about the district food programs and by helping to get the word out about the prevention of Diabetes. In addition, Mr. Natividad participated in a mentoring program to teach children the importance of staying in school. Mr. Natividad is recognized not only for his excellent work with the Summer Food Service Program, but also for the genuine interest he has for the welfare of the children in the Douglas Unified School District.

Best all Around: Yuma Union High School District

Yuma Union High School District is being commended for the excellent job they did in all areas of the Summer Food Service Program. Charlene Story, Food Service Director and staff outreached to the community by contacting over 4 newspapers, 5 radio stations, and posting posters galore throughout the community and at the Mexico/U.S. border crossing. Also, their program received television recognition in the San Luis Channel 30 Telemundo Spanish Language station. This outreach helped increase participation by 35% for all meals served. Additionally, two incredible partnerships developed between the Yuma County Library and the San Luis Community Center. For example, many children took advantage of the summer reading program after finishing a meal at the library. Not only did SFSP participation increase, but the summer reading program attendance went up 41%!

In addition, the food service department employed students from the workforce investment act. These were children who were struggling in school, home and life, in general. However, after two years of working in food service, these kids received many job and life skills they may not have received otherwise. Most of the students began working for the food service department in the summer of 2001 and have continued to come back for two years as excellent employees. The students found the joy in giving to the community and the food service department should be commended for providing them with the opportunity to do so. As Charlene Story, Food Service Director quotes, "We see the beginning and the end. We see the positive changes. We see them two years later at full time jobs and they say thank-you!" Yuma Union High School District is also the recipient of the "Successful Outreach Sunshine Award" from USDA Western Region. Congratulations to Yuma Union High School District for a job well done!

Food Guide Pyramid Changes Ahead

Most of us are familiar with the Food Guide Pyramid, which has remained unchanged from its original form since 1992. USDA has guided consumer food choices for over 100 years, and the Pyramid is the latest graphic presentation of food guidance to help consumers interpret the Dietary Guideline for Americans. Now the Department of Agriculture is reassessing the pyramid to ensure it continues to be based on the most current sound and comprehensive science to help Americans make better food choices. On September 10, 2003 USDA called for a 45-day comment period on proposed revisions to the daily food intake patterns that serve as the technical basis for the Food Guide Pyramid. After the comment period closed, USDA considered all input received in formulating the final daily food intake patterns for the Pyramid. Then, work on the graphic presentation of the Pyramid and consumer materials will be initiated. Posting of a second *Federal Register* notice to solicit comments on the graphic design will be issued in 2004. The proposed daily food intake pattern has been updated to meet the new Dietary Reference Intakes and the pyramid is being coordinated with the 2005 Dietary Guidelines Advisory Committee. There are three phases in the process of the Food Guide Pyramid's reassessment. The first phase consists of gathering information through technical research, professional input, and consumer research. The second phase involves updating of the Pyramid food guidance recommendations. The third phase entails developing new or revised graphic and educational materials that communicate Pyramid messages in ways consumers can more easily understand and put into practice. Final release of the updated Food Guide Pyramid and related consumer materials is scheduled for early 2005. For more information on the Pyramid and the *Federal Register* notice, visit USDA's website at www.cnpp.usda.gov. Submit written comments to Food Guide Pyramid Reassessment Team, USDA Center for Nutrition Policy and Promotion, 3101 Park Center Drive, Room 1034, Alexandria, VA 22302.



National School Breakfast Week March 8-March 12, 2004

<http://www.asfsa.org/meetingsandevents/nsbw/>

Calendar of Events

Date	Topic	Location	Time
2/3/2004	Food Distribution/Nutrition Track	Phoenix	8:30-4:30
2/4/2004	Business Track	Phoenix	8:30-3:00
2/5/2004	RCCI/Juvenile Detention Facilities Business Track	Phoenix	8:30-3:30
2/9-10/2004	Arizona Legislative Action Conference	Phoenix	
2/17/2004	CNP Web-Based Claiming Training	Phoenix (2 sessions)	9:00-11:30 1:00-3:30
2/19/2004	Advanced Changing the Scene	Phoenix	8:30-12:30
2/20/2004	CNP Web-Based Claiming Training	Phoenix (2 sessions)	9:00-11:30 1:00-3:30
2/26/2004	Food Distribution/Nutrition Track	Flagstaff	8:30-4:30
2/27/2004	Business Track	Flagstaff	8:30-3:00
2/28-3/3/2004	ASFSA National Legislative Action Conference	Washington, DC	
3/8-12/2004	National School Breakfast Week		
3/9/2004	Food Distribution/Nutrition Track	Phoenix	8:30-4:30
3/10/2004	Business Track	Phoenix	8:30-3:00
3/11/2004	Marketing Your School Lunch Program	Phoenix	8:30-3:00
3/16-17/2004	Serving it Safe	Phoenix	9:00-3:00
3/23/2004	NuMenu Training	Flagstaff	8:30-12:30
3/24/2004	Splashing into Summer SFSP Outreach Day	Phoenix	8:30-12:00
3/27/2004	Cost Control at the ASFSA conference	Prescott	TBA

Register on line for all ADE Classes at: <http://www.ade.az.gov/online/registration>

Processing USDA Commodities Has Just Gotten Easier

The Food Distribution Program has been working with the Advisory Council to develop a Request for Proposal for processing commodities in Arizona. On December 8th bids were due from vendors interested in processing commodities for Arizona schools. Arizona Department of Education received 47 bids from interested vendors.

Four members of the Advisory Council were selected to be on the evaluation committee to review and score each bid and determine who will be awarded a contract for school year 2004. By January 2004 contracts will be awarded to successful vendors. This means that to process commodities there is no longer the requirement by schools to procure these vendors since Arizona Department of Education has already done so.

As a part of the bids received, there were over 1000 end products that were submitted for approval. The Food Distribution Program will be reviewing and approving all of end product data schedules. As a result of approved vendors and end product data schedules, Food Distribution will be creating a processing catalog and processing surveys. The target date to complete the catalog and surveys will be the end of January. The processing catalog will again be found on the Food Distribution web site. No hard copy will be mailed. The survey will also be on line. All schools must submit their processing survey through the web site.

Food Distribution will be mailing out a hard copy of instructions, which will identify the survey due dates.

Please read the instructions completely PRIOR to completing the processing surveys.



Summer Food is Making Waves

With the holidays coming to an end, it is hard to believe that the Summer Food Service Program (SFSP) is right around the corner. Although most SFSP programs don't begin until mid May or June, now is the time to start outreach. The more partnerships and advertising that is started now, the more successful your SFSP will be this summer.

To help with outreach, the Arizona Department of Education (ADE) is introducing a new twist to the regular SFSP trainings this year. ADE is pleased to announce the **"Splashing into Summer SFSP Outreach Day!"** This ½ day workshop is scheduled for **March 24, 2004 8:30-12:00** at the Flinn Foundation building located at 1802 North Central Avenue in Phoenix. This event will include a magnitude of information and motivating ideas for the SFSP. The workshop will include a speaker infamous for her amazing outreach with the SFSP. Heidi Camorongan from West Contra Costa Unified School District in Richmond California was the recipient of the 2002 National SFSP Sunshine Award. Heidi spoke at the national SFSP conference in Washington D.C. as well as the Western Region SFSP conference in November 2003, where she was also the recipient of the "Increased Community Participation and Increased Sites Award" through Western Region USDA. In addition, to the Sunshine Awards, she has recently been honored with the Hunger Fighter Award from the California Hunger Action Coalition. The California School District has added 12 additional sites and served 1,900 additional meals daily this year. A majority of these sites were in non-school and community based locations. The District added a mobile kitchen, gathered community support, and excelled in marketing their program to children and families who may not have received a nutritious meal in the summer.

In addition, Arizona sponsors continue to lead the nation in their innovative ideas and optimistic outlook towards increasing participation of the SFSP. ADE will bring a panel of speakers right here from Arizona who have done a magnificent job with their SFSP programs

Finally, ADE will provide participants with SFSP training materials, nutrition activities, and a magnitude of outreach ideas and take home items to help increase participation and make this year's SFSP the best one yet! Information regarding registration for training and applying for the SFSP will be coming in February. Don't miss these exciting and motivating new workshops!

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